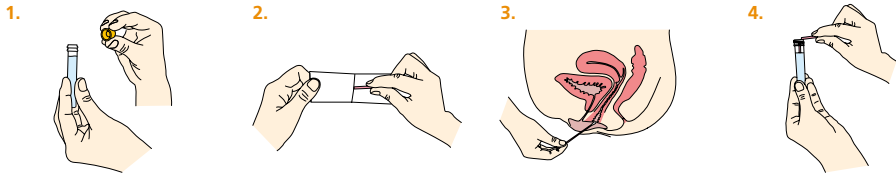
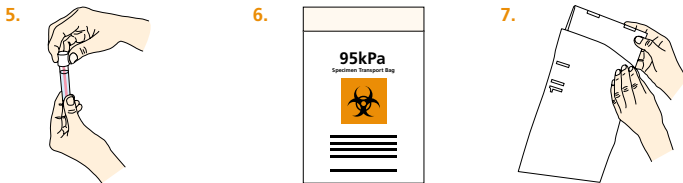


HOW TO TAKE YOUR VAGINAL SELF-TEST SWAB



1. Remove cap from sample tube, taking care not to spill the liquid.
2. Remove swab from packet. Don't touch the cotton end.
3. Insert swab 3-4cm into vagina and turn gently against the vaginal walls for 30 seconds. Remove without touching the rest of your body. Take care not to snap the swab.
4. Insert swab into tube. Snap the shaft against the side of the tube (at score-line).



5. Close lid firmly.
6. Place sample into the 95 KPA bag and ensure it is sealed.
7. Place in the addressed envelope with your patient (return form) filled out.

Post straight away.

YOUR TEST RESULTS

Please allow up to 7 working days from when we get your sample(s) back to receive your test results. These will be sent via text message to the mobile telephone number you provided when registering for a test. We will only text you once all results are ready. If any of your samples show a positive result or your sample needs re-taking for any reason, we will telephone you to arrange to see you in clinic.

If you have questions about your kit, or if you have not had your test results after 7-10 days please call **0300 123 5474** option 2. Please note, there is a video clip of how to take your sample on our website at www.sexualhealthwirral.nhs.uk



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